

## Claims

1. Combination of active ingredients, comprising at least one  $\omega$ 3-fatty acid-containing oil and at least one polyphenol-containing plant extract.
2. Combination of active ingredients according to claim 1, wherein the  $\omega$ 3-fatty acid-containing oil contains  $\alpha$ -linolenic acid.  
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3. Combination of active ingredients according to claim 2, wherein the  $\omega$ 3-fatty acid-containing oil is selected from the group comprising perilla seed oil, borage oil, evening primrose seed oil, fish oil, linseed oil and currant seed oil.
4. Combination of active ingredients according to any one of claims 1 to 3,  
10 wherein the polyphenol-containing plant extract contains at least 15% by weight polyphenols based on the dry extract.
5. Combination of active ingredients according to any one of claims 1 to 4, wherein the polyphenol-containing plant extract is an extract from *Aspalathus linearis*, *Crataegus* species, *Ginkgo biloba*, *Humulus lupulus*, *Hypericum perforatum*, *Paullinia cupana*, *Rubus fruticosus*, *Rubus idaeus*, *Tabebuia avellanedae*, *Theobroma cacao*, *Vaccinium myrtillus* or *Vitis vinifera*.  
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6. Use of combinations of active ingredients according to any one of claims 1 to 5 for the treatment, for supporting the treatment or for the prophylaxis of inflammatory and/or immunologic as well as metabolic diseases and other complaints selected from the group comprising chronic intestinal diseases, polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.  
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7. Use according to claim 6, wherein the inflammatory and/or immunologic as well as metabolic diseases are selected from the group comprising rheumatoid arthritis, polyarthritis, synovitis, acne, neurodermatitis, psoriasis, asthma, hay fever, atherosclerosis, coronary heart diseases and cardiac dysrhythmias.  
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8. Use according to claim 6, wherein the chronic intestinal diseases are selected from the group comprising ulcerative colitis and Crohn's disease.
9. Use according to claim 6, wherein the psychiatric diseases are selected from the group comprising depression, schizophrenia and bipolar disorder.
- 5 10. Dietetic food product or medicament, containing the combination of active ingredients according to any one of claims 1 to 5 for the treatment or for supporting the treatment of inflammatory or immunologic diseases, chronic intestinal diseases as well as polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.  
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11. Use of a combination of active ingredients according to any one of claims 1 to 5 for the manufacture of a medicament for the treatment of inflammatory and/or immunologic as well as metabolic diseases and other complaints, selected from the group comprising chronic intestinal diseases and polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders,  
15 psychiatric diseases and tumor diseases.
12. Use of a combination of active ingredients according to anyone of claims 1 to 5 for the manufacture of a dietetic food product for the treatment or for supporting the treatment of inflammatory and/or immunologic and metabolic diseases as well as other complaints, selected from the group comprising  
20 chronic intestinal diseases and polyneuropathies, retinopathies, cerebral and peripheral arterial circulatory disorders, psychiatric diseases and tumor diseases.
13. Preparation, comprising a combination of active ingredients according to any  
25 one of claims 1 to 5 and suitable adjuvants as an oral administration form.